

# MOUNTAIN VIEW SENIOR CENTER CLASS SCHEDULE

266 ESCUELA AVE, MOUNTAIN VIEW CA 94040 - 650-903-6330



**FALL 09**

Registration information: It is noted in each column which Adult Education establishment is responsible for specific class registration. See below for specifics for registration.

**MV-LA** Three options for registration: (Fall Registration Begins Friday, August 21st)

1. Visit Mountain View Los Altos Adult Education (MV-LA) at 333 Moffett Blvd, additional class description information is available through MV-LA
2. Call **(650)-940-1333** with your credit card available.
3. or visit their website to register for this class at [www.mvlaae.net](http://www.mvlaae.net)

**FOOTHILL**- Visit the class and the instructor will have the appropriate paperwork to fill out. If you need additional class information you can call **(650)-949-7321**.

**VOLUNTEER** – These classes are free and there is no need to register. Please just attend.

CLASS NAME	REG	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
<b>ADAPTIVE HATHA YOGA</b> -Includes modificaitons of the postures, breath techniques, relaxation, mediation and cultivation of awareness and kindness towards ourselves. No class on 11/26	FOOTHILL	MON THURS	9/21-12/10	8:45-10AM	FREE	MULTI A	M. ALEXANDER
<b>CALLIGRAPHY, BEGINNING / INTERMEDIATE</b> - Students will work on lettering and designing place cards, menus, invitations, and announcements for a special event. Learning important layout techniques will be included. Beginning and continuing students are encouraged to attend. Supplies will be discussed at the first class meeting - if you have lettering materials, bring them. *\$5.00 Materials fee due to instructor at first class. No class on 11/27.	MV-LA	FRI	9/18-12/11	9AM-12PM	\$96/\$116	ARTS + CRAFT RM	S. LOESCH-FRANK
<b>CERAMICS, BASIC TECHNIQUES</b> - Have fun learning various techniques of clay work such as pinch pot, slip and score, slab, coil, as well as throwing on the wheel and glazing. Students of various abilities will work on their own projects with teacher assistance. At the end of the quarter they will have completed pieces to take home. *Materials furnished for small fee. No class on 11/11	MV-LA	WED	9/9-1/20	1-4PM	\$82/\$102	ARTS + CRAFT RM	C. MACPHERSON
<b>CERAMICS, BASIC TECHNIQUES</b> - Have fun learning various techniques of clay work such as pinch pot, slip and score, slab, coil, as well as throwing on the wheel and glazing. Students of various abilities will work on their own projects with teacher assistance. At the end of the quarter they will have completed pieces to take home. *Materials furnished for small fee. No class on 11/12, 11/26, 12/24	MV-LA	TH	9/10-1/21	9:30-12:30 PM	\$80/\$100	ARTS + CRAFT RM	S. WORLEY

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<b>CERAMICS - SMALL CLAY SCULPTURE</b> - Learn techniques, by hand and on the wheel, to build clay sculptures. Finishes for sculptures will be explored. Students will have completed pieces at the end of the session. Beginning students welcome. *Materials fee of \$20 for clay and glaze payable to teacher at first class. No class on 11/11	MV-LA	WED	9/9-1/20	9:00-12:00 PM	\$82/\$102	ARTS + CRAFT RM	C. MACPHERSON
<b>CHORUS</b> - Do you like to sing? Join our performing chorus; all abilities welcome! Have fun while learning vocalizing and sight singing techniques in a range of music styles from popular show tunes to light classics. *Music fee of \$20 collected at first class. No class on 11/11.	MV-LA	WED	9/9-1/20	9:30-11:30AM	\$39/\$59	MULTI A	M. RIDGWAY
<b>CREATIVE STITCHERY</b> - You are welcome to bring your own stitchery project, or you might want to learn one of the interesting needlework or crafts being taught. New students are welcome! No class on 9/7, 1/18.	VOLUNTEER	MON	ONGOING	9AM-12PM	FREE	ARTS + CRAFT RM	J. FERREIRA
<b>CURRENT AFFAIRS</b> - Join this class and you're sure to be involved in a stimulating and thought provoking discussion and analysis of Current Events. Explore your ideas and opinions of issues, including: national news, the economy, upcoming elections, the environment, the future of Moffett Field, the 49ers in Santa Clara, and development and changes in Mountain View and Los Altos. Bring your questions and topics as you delve beyond the headlines. No class 12/28, 1/4	MV-LA	MON	9/14-1/11	1-3PM	\$60/\$80	MEETING RM	J. MATHER
<b>DRAWING AND WATERCOLOR</b> - Basic concepts of drawing and painting in watercolor. Students will explore color mixing and application, composition and detail. Many demonstrations. Seascapes, landscapes and floral will be emphasized. Materials list available at first class.	MV-LA	TUE	9/8-1/19	9AM-12PM	\$86/\$106	ARTS + CRAFT RM	B.DIXON
<b>ESL - ADVANCED LOW</b> - This class is designed for students who use English independently in most familiar situations. <b>NEW STUDENTS</b> must come first to the AE Center at 333 Moffett for a placement test BEFORE entering an ESL class at the MV Sr. Center. No walk-ins, no exceptions. No class on 11/26, 11/27, 12/24, 12/25, 1/18	MV-LA	MON THURS FRI	9/10-1/22	10:30AM-12PM	FREE	MULTI B	E. HORN
<b>ESL - BEGINNING HIGH</b> - This class is designed for students who can read short articles and write several sentences in English. These students can also speak and understand common English words and phrases. <b>NEW STUDENTS</b> must come first to the AE Center at 333 Moffett for a placement test BEFORE entering an ESL class at the MV Sr. Center. No walk-ins, no exceptions. No class on 11/26, 11/27, 12/24, 12/25, 1/18	MV-LA	MON THURS FRI	9/10-1/22	10:30AM-12PM	FREE	MEETING RM	H. CHOY

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CLASS NAME	REG	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
<b>ESL - LITERACY/ BEGINNING LOW</b> - This class is designed for students who have never studied English or for students who can read, write, understand and/or speak simple words and phrases. <b>NEW STUDENTS</b> must come first to the AE Center at 333 Moffett for a placement test BEFORE entering an ESL class at the MV Sr. Center. No walk-ins, no exceptions. No class on 11/26, 11/27, 12/24, 12/25, 1/18	MV-LA	MON THURS FRI	9/10-1/22	8:45-10:15AM	FREE	MEETING RM	H. CHOY
<b>ESL - INTERMEDIATE</b> -This class is designed for students who can read and write about familiar situations. These students can participate in conversations about everyday subjects and subjects they are interested in. <b>NEW STUDENTS</b> must come first to the AE Center at 333 Moffett for a placement test BEFORE entering an ESL class at the MV Sr. Center. No walk-ins, no exceptions. No class on 11/26, 11/27, 12/24, 12/25, 1/18	MV-LA	MON THURS FRI	9/10-1/22	8:45-10:15AM	FREE	MULTI B	E. HORN
<b>EXPRESSIVE HATHA YOGA</b> - Yoga is a way of life moving toward oneness. Through promoting an inner connection, you will have an opportunity to explore your own way of moving and being in basic postures, repetitive rhythmical movements, breath techniques, relaxation, and meditation. Wear loose fitting clothing. Ease in transitioning from the floor is required.No class on 11/26	VOLUNTEER	MON THURS	9/21- 12/10	10:30-11:45AM	FREE	DANCE AND MOVEMENT ROOM	M. ALEXANDER
<b>FELDENKRAIS AWARENESS THROUGH MOVEMENT</b> - Improve coordination and quality of movement naturally. This series of gentle movements will help you discover more comfortable and effective ways to complete everyday movements with more ease. Lessons involve small movements on the floor that relieve stress and contribute to a greater sense of well-being. Mats provided. No class on 11/27	MV-LA	FRI	9/18-12/11	10-11:15AM	\$30/\$50	MULTI A	J. ELVIN
<b>FELDENKRAIS AWARENESS THROUGH MOVEMENT</b> - Improve coordination and quality of movement naturally. This series of gentle movements will help you discover more comfortable and effective ways to complete everyday movements with more ease. Lessons involve small movements on the floor that relieve stress and contribute to a greater sense of well-being. Mats provided.	MV-LA	FRI	1/8-1/22	10-11:15AM	\$11/\$21	MULTI A	J. ELVIN

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<b>FIGURE + PORTRAIT DRAWING</b> - This is your opportunity to receive quality instruction while drawing portraits and figures of live, clothed, professional models! Instruction will be individualized; class is open to all levels and abilities. A variety of media will be explored: pencil, charcoal, conte crayon and inks. *\$45 model fee payable to instructor at first class meeting. No class on 11/26, 12/24	MV-LA	THURS	9/10-1/21	1-4PM	\$96/\$116	ARTS + CRAFT RM	K. YOUNG
<b>FLOWING MOVEMENT</b> - Would you like to experience vitality, joy, and ease in your body? Reduce pain? Cope more effectively with stress? Stay healthy and active as you age? Rosen Method Movement is a playful, low impact, highly enjoyable way to bring the benefits of exercise into your life. These gentle, non-aerobic movements are done to music that inspires you to move. Enjoyable for all ages and suitable for those recovering from injury or who have physical limitations. Please bring yoga mat or large beach towel to class for floor exercises.	MV-LA	TUE	9/8-1/19	5:30-7PM	\$68/\$88	MULTI A	J. HENDERSON
<b>GENERAL CONDITIONING</b> - Warm-up, walking aerobics, toning, and stretching. Learn to strengthen your body. No class on 11/26	FOOTHILL	MON THURS	9/21-12/11	MON-1-2:30PM THURS 10-11:30AM	\$47	MULTI A	S. LOHMANN
<b>INTRO TO THE INTERNET</b> - Learn essential web search techniques and tips. You will be introduced to Yahoo email and creating a web account, and learn about sending online greetings and invitations. Prerequisite: Meet the PC	<b>CANCELLED</b>			1AM	\$40/\$60	TECH RM	M. SINGER
<b>INTRO TO THE INTERNET</b> - Learn essential web search techniques and tips. You will be introduced to Yahoo email and creating a web account, and learn about sending online greetings and invitations. Prerequisite: Meet the PC. No class 1/18	MV-LA	MON WED	1/4-1/25	9-11AM	\$40/\$60	TECH RM	M. SINGER
<b>KARAOKE: DROP IN</b> - Come to entertain or be entertained! Karaoke equipment will be provided, bring your own disc if you have one. The majority of discs are provided by instructors and are in Chinese.	VOLUNTEER	TUE	ONGOING	1-4PM	FREE	ARTS + CRAFT RM	J. LIANG + C. CHOW
<b>KNITTING + CROCHETING CLUB</b> - Join this group of knitting and crocheting enthusiasts; create fun projects and make new friends. Bring your own yarn or use some of ours to make caps, booties or afghans for needy children and seniors. Or, work on projects of your own. All skill levels are welcome. No class on 11/11	VOLUNTEER	WED	ONGOING	1-3:30PM	FREE	MULTI B	J. BAUMGARDNER
<b>LINE DANCING</b> - Enjoy an hour of line dancing with other line dancers. No partner needed. No class on 11/27, 12/25	VOLUNTEER	FRI	ONGOING	1-2PM	FREE	MULTI A	J. LIANG

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CLASS NAME	REG	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
<b>LOW IMPACT AEROBICS</b> - This class will provide a full cardiovascular workout. The class will be aimed at those who want to lower fat, cholesterol, blood pressure and have fun! There will be low impact movement set to music and paired with easy walking patterns. No class on 11/26	FOOTHILL	TUE THURS	9/22-12/10	1-2:20PM	\$41	MULTI A	D. ARNOLD-AMMON
<b>LIP READING AND MANAGING YOUR HEARING LOSS, BEGINNING</b> - This class is for new and experienced hearing aid users and people who use no hearing aids at all. Assistive devices, with earphones or neck loops, are available for use in class. Whether or not you have hearing aids, these classes help you learn and practice strategies to cope with hearing loss.	FOOTHILL	WED	9/23-12/9	10-11:30am	\$30.50/ \$38.50	CONFERENCE ROOM	E. MASTMAN
<b>LIP READING AND MANAGING YOUR HEARING LOSS, ADVANCED</b> - This class will give you the opportunity to further your lip reading skills gained on the Introduction course.	FOOTHILL	TUE	9/22-12/8	10-11:30am	\$30.50/ \$38.50	MEETING RM	E. MASTMAN
<b>MANAGING YOUR PICTURES ON THE PC WITH PICASA</b> - The world of photography has gone digital and managing pictures moved from albums and shoeboxes to the PC. Picasa is free software that makes it easy to view, organize, edit and share the digital photos on your PC and in web albums. Course topics include downloading photos from digital cameras, arranging pictures in PC albums, clearing red-eye and other effects, and posting shared pictures on the Internet for friends, co-workers, and family.	MV-LA	MON WED	10/5-10/21	9-11AM	\$40/\$60	TECH RM	M. SINGER
<b>MEET THE PC</b> - Use hands-on activities to learn the basic features and functions of your computer including the mouse, icons, menus, and desktop icons. Explore application programs in word processing, drawing, games, the internet.	MV-LA	MON WED	9/14-9/30	9-11AM	\$40/\$60	TECH RM	M. SINGER
<b>MEET THE PC</b> - Use hands-on activities to learn the basic features and functions of your computer including the mouse, icons, menus, and desktop icons. Explore application programs in word processing, drawing, games, the internet.	MV-LA	TUE THURS	1/5-1/21	9-11AM	\$40/\$60	TECH RM	M. SINGER
<b>MEMOIRS</b> - Writing one's memoirs is an exciting and effective way to sort out and record the experiences that will be your legacy to future generations. This class will give you the opportunity to review writing techniques and receive constructive criticism from students and teacher. No class on 11/26, 12/17, 12/24	MV-LA	THURS	9/10-1/21	12:30-3:30PM	\$128/\$148	MEETING RM	S. HALLORAN

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<b>OIL AND ACRYLICS - HOW TO SEE COLOR AND PAINT IT</b> - Color is the key to painting what you see. While working from photographs of your choice, learn to observe, mix and match colors with remarkable accuracy. The results are exciting paintings, filled with luminous color. This class is for beginning students and intermediate students who want to develop a more subtle perception of color. Bring your painting supplies (oils and acrylics) and small canvas or canvas paper to first class. No class on 11/11.	MV-LA	WED	9/16-12/2	9AM-12PM	\$53/\$73	MULTI B	B. MAGNESON
<b>ORCHESTRA, SOUTH BAY COMMUNITY ORCHESTRA</b> -This full senior orchestra is devoted to serving the community by performing at senior centers, retirement homes and rehabilitation centers. Music includes classical and pop styles. If you play an orchestra instrument, join us. For more information, write to <a href="mailto:sbc-orchestra@earthlink.net">sbc-orchestra@earthlink.net</a> . No class on 11/11, 11/25	MV-LA	WED	9/9-1/20	1:15-4:15PM	\$80/\$100	MULTI A	S. MACY
<b>QIGONG, EVENING</b> - Qigong combines slow graceful movement with mental concentration and breathing to increase strength, balance and coordination which enhances the immune system and reduces physical and mental stress. It is gentle and thus great for even those who are physically limited. No class on 11/11, 11/25	MV-LA	WED	9/9-1/20	5:30-7PM	\$68/\$88	MULTI A	L. SIMS
<b>QIGONG, MORNING</b> - Qigong is a beautiful, flowing combination of movements and breathing techniques that stimulate energy flow. Promotes your natural resiliency to stress and illness. We start the class with energy tapping followed by 18 qigong movements, meridian brush to direct meridian flow. At the end, we practice T'ai Chi. No class on 11/26, 12/24	VOLUNTEER	THURS	ONGOING	10-11:30AM	\$10/MO	COMMUNITY CENTER	O. WANG
<b>QUILTMaking TECHNIQUES</b> - This is a class for those with some quilting experience. Three projects will be presented during the session. Projects will use both fast machine techniques and handwork. Participation in at least one of the new projects is expected. We will also do exercises to help you successfully use color and design in making quilts. Students will be asked to regularly share their projects and information for the enrichment and enjoyment of all. You will need access to a sewing machine for some of the projects. *\$4.00 materials fee payable to instructor.	MV-LA	MON	9/14-11/6	1:30-4PM	\$56/\$76	MULTI B	P. BELLAMY

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<b>QUILTMaking, BEGINNING</b> - Making beautiful quilts and quilted accessories is easy! Let Pat show you how to make special lap quilts from planning to completion in the 9 weeks of class. Anyone with portable machines are encouraged to bring them, and you will need one to use at home between sessions. If you started a project and need help and support to finish, this may be the class for you. Emphasis will be on learning each step of the quilting process. Students are expected to regularly share information and ideas in class. *\$4.00 materials fee payable to instructor.	MV-LA	THURS	9/10-11/12	1:30-4PM	\$56/\$76	MULTI B	P. BELLAMY
<b>SOCIAL DANCE CLUB</b> - This club plays American, Chinese and South American music from the 50s, 60s and 70s. The types of dance music include the Cha Cha, Fox Trot, Rumba, Swing, Tango and Waltz. Come join our Monday night "Dancing with the Oldies" and dance the night away. No class 9/7, 1/18	VOLUNTEER	MON	ONGOING	7-9PM	FREE	MULTI A	D. WU
<b>SPANISH INTERMEDIATE CONVERSATION</b> - This class offers lively conversation, small group discussions, oral presentations & current events.	MV-LA	TUE	9/15-12/8	12:30-2:30PM	\$69/\$89	MEETING RM	A. PILLING
<b>SQUARE DANCING</b> - Join this lively class for square dance instruction and dancing. All levels welcomed. No partner needed. No class on 11/27, 12/25	VOLUNTEER	FRI	ONGOING	2:15-3:15PM	FREE	MULTI A	A. KNOPPE
<b>STRONG FOR LIFE</b> - Strong for Life is a muscle strengthening program designed for older adults. The program consists of a set of 10 core exercises involving the trunk and the upper/lower extremities. All exercises are done in either a sitting or standing position using Theraband elastic exercise bands. Pick up the enrollment and physicians clearance forms at the reception desk.	VOLUNTEER	TUE	ONGOING	10:30AM - 11:15PM	FREE	DANCE AND MOVEMENT ROOM	TBA
<b>TAI CHI</b> - This class fosters positive mind-body skills, processes, and events. T'ai Chi is an ancient Chinese martial art form that was developed to enhance both physical and emotional well-being. Many people who practice T'ai Chi indicate that they feel more peaceful and relaxed after the workout. No class on 9/7, 1/18	VOLUNTEER	MON	ONGOING	10:15AM-12PM	\$12/MO	MULTI A	O. WANG
<b>TAI CHI / QIGONG</b> - Tai' Chi has been practiced for hundreds of years and has been proven to increase flexibility and strength, while decreasing stress. Come and learn flowing, meditative movements while having fun!	FOOTHILL	MON	9/21-12/7	1:30-3:30PM	FREE	MULTI A	D. MARRIOTT

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<b>THERAPEUTIC YOGA FOR SENIORS</b> - This class will focus on gentle therapeutic exercises for the whole body. Breathing, relaxation techniques, concentration improvement, stress and anxiety management will be taught based on classical Rajyoga philosophy. Benefits of this class are joint flexibility, strength, endurance, higher energy level and breathing improvement. No class on 11/11	VOLUNTEER	WED	ONGOING	10-11:15AM	FREE	DANCE AND MOVEMENT ROOM	N. SUBRAMANIAN
<b>WOODCARVING: DROP IN</b> - A friendly informal class for beginning and more experienced carvers. The goal of this class is to become more knowledgeable about the types of woods, finishes and skills applicable to this craft. No class on 9/7, 1/18	VOLUNTEER	MON	ONGOING	1-4PM	FREE	ARTS + CRAFT RM	J. HUNTING
<b>WORKOUT ON BROADWAY</b> - Tired of the same old exercise routine? Join our "chorus line" as we move our way into fitness with rhythmic choreographed exercises to Broadway tunes and popular music. Improve your mind, body, and memory while building strength, agility, breath control, stamina, grace and coordination. Work– out attire and leather-soled shoes recommended (no taps). Instructor Marnie Ridgeway has over 30 years experience dancing and getting in shape! No class on 11/26, 12/24	MV-LA	TUE THURS	9/15-1/21	1-2:15PM	\$110/\$130	DANCE AND MOVEMENT ROOM	M. RIDGWAY
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